

Excerpt from:

How to
Eat, Move *and*
Be Healthy!

*Your personalized 4-step guide to
looking and feeling great from the inside out*

by

Paul Chek

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To do nothing is
sometimes a good
remedy.

Hippocrates

ENERGIZING EXERCISES

We live in stressful times as many of us deal with information overload, long commutes, deadlines and bills. It's no wonder most people cringe at the thought of trying to squeeze exercise into their busy schedules. Moreover, many despise the idea of going to a gym either for fear of not knowing what to do there, or because they don't feel comfortable working out in front of others. These are legitimate concerns.

Then there are those who feel exercise is like folk medicine: *The good stuff always tastes bad, so just take your daily dose, like it or not.* Fear not! This is the 21st century, and I am about to share a *smarter*, not *harder*, method of increasing your energy and vitality. Changes can be made in just *minutes* a day! Energy Balancing Exercises are about to make all of these anxieties a thing of the past.

Building energy and vitality in your body is a lot like investing. Just as it takes money to make money, *it takes energy to make energy.* As demonstrated throughout this book, your body is a co-dependent, linked system of systems. Just like the heating and air conditioning system in your house or the electrical system in your car, all body systems are energy dependent, even the ones that produce energy. Your circulatory, digestive, hormonal and musculoskeletal systems are all body systems that not only use energy, *they produce it.*

Expending energy to inhale brings air into your body. Your lungs take oxygen from the air you breathe and attach it to iron particles in your red blood cells to be delivered to all parts of your body

by the heart via arteries. The oxygen in the air you breathe carries a very strong positive charge, acting like the positive pole of a magnet, while your body tissues and the water in your body (about 75% of your body is water) act like the negative pole of a magnet. As you may remember from science class, wherever you find a positive and negative pole, there's *energy* and *work potential*. Breathing oxygen into the body creates energy or work potential. This energy is called *Prana* by East Indian Yogis and mystics, or *Chi* or *Qi* by masters of Tai Chi, Qigong and the many martial arts.

Freshly oxygenated blood goes from your lungs to the heart, where two important things happen. First, the heart acts like a powerful generator—producing an electromagnetic field approximately 5,000 times stronger than that of your brain.¹ The heart's electromagnetic field is so powerful that it not only permeates every cell in your body, it can be measured eight to ten feet away by sensitive detectors called magnetometers. Research scientists at the Institute of HeartMath have demonstrated that the powerful electromagnetic field of the heart is used to send information to the brain. Acting like a pump, the heart performs a second very important function, delivering the added charge to your body cells and systems. This form of energy informs your brain and each of your cells about your *heart state* (happy, sad, excited, depressed, etc.) and serves as a form of energy that cells use to perform vital functions.

When you eat quality food (Chapter 4), you *spend* energy to chew and digest it. Metabolized food molecules provide both chemical and electrical charges that help the body perform work, such as building hormones.

The hormonal system is composed of special glands. Each hormonal gland uses energy from breathing and the building blocks from digestion to produce specific hormones, which carry out important work functions in the body. The thyroid gland, for example, produces thyroid hormone, which regulates cellular metabolism. The adrenal glands produce adrenaline and cortisol (stress/activating hormone), which assist your body in getting work done.

Much of the energy produced by breathing and eating is used to run your muscles so you can move, have fun and produce more energy. The method by which your muscles produce energy is seldom considered because most people only associate muscle work with *fatigue or loss of energy*. Fatigue and loss of energy result from excessive use of the muscles and body systems that support activity—particularly when there is an imbalance between the amount of work or exercise relative to the amount of rest time.

Muscles help energize the body by producing electromagnetic energy and by acting as pumps to assist the action of the heart. When your muscles contract, tension is placed on the connective tissues that house your muscles, as well as on the actin and myosin proteins that cause your muscles to contract. When tension is placed on the connective tissues of the muscles, tendons and even the skin over the muscles, an electrical current called a *piezoelectric current* is created.² Piezoelectric current is yet another form of energy the body can use to run its systems. To experience this in your own body, try this exercise. Stand up and relax for a second, taking notice of how your body feels. Once you have a sense of your body, tighten your right thigh muscle as tight as you can for five seconds and then quickly relax. Pay immediate attention to the sensation of energy (Chi) surging through your body. It may run up to your head and back down your other leg, it may run down your other leg and then back up your spine and head before going down one or both arms. The reaction is different in each person, but I'm sure you'll feel it.

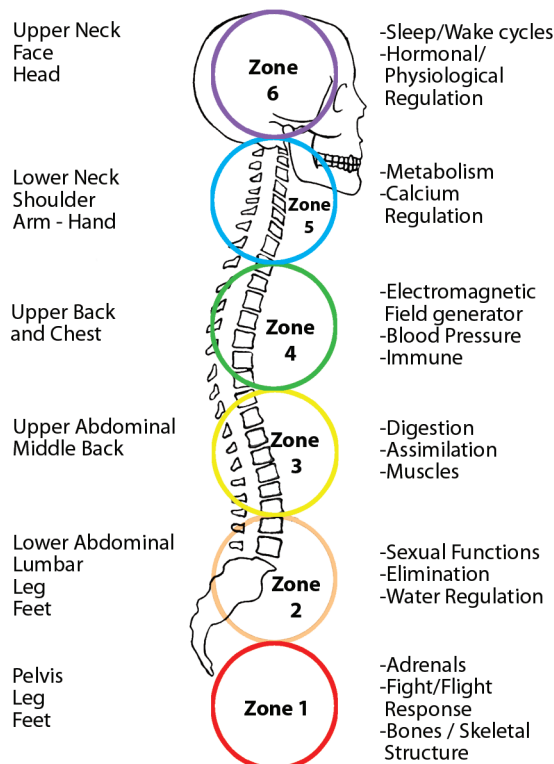
Contracting a muscle pushes blood out of the muscle and into the veins, helping to return used blood to the heart and lungs to be recharged. When the muscle relaxes, it absorbs freshly charged blood from the heart

and lungs. This fresh blood contains valuable electromagnetic energy from the heart, electromagnetic work potential from the positively charged oxygen in the blood cells, hormonal energy and chemical energy and work potential from your digested foods.

Exercising the muscles for each zone (1-6) delivers *beneficial energy* to the hormonal and organ systems, as well as to tissues related to the spinal segments in that particular zone. This system is the foundation for yoga, Tai Chi, Qigong and the Zone Exercises presented in this book.

Muscles

Related Functions



Zone Exercises

Each system represented in your questionnaire is linked to a zone that will benefit that specific system (see your scoring graph on page 37). Review your graph and identify body systems where you scored in the medium to high range. You should perform one or more of the Zone Exercises for each of those zones. If you have multiple high zones and time is

Zone	Related Issues
Zone 1	Financial stress
Zone 2	Stress over relationships and sex
Zone 3	Personal power and self will, digestion
Zone 4	Stress over relationships and love
Zone 5	Communication
Zone 6	Mental congestion, lack of mental clarity or creativity

an issue, always start by performing exercises for the zones listed at the left of your scoring chart. Include additional zone exercises for systems to the right as time allows. If you don't see a zone exercise listed, such as for the Sleep/Wake Cycles column, this means there are no specific zone exercises to support that system directly. In this example you simply need to get to bed on time! To get the most from your Zone Exercises, consider the following tips:

1. The higher your score in any given category, the more important your Zone Exercises are to normalizing that body system. If time is an issue, always focus your energy on your stretches and Zone Exercises because those activities serve to balance your muscles and energy systems. This will provide more usable energy for your body than simply "working out." If you have time to do the entire program as presented, you'll get the most return on time invested, moving more rapidly toward better physical, emotional, mental and spiritual well-being!
2. There are several exercises demonstrated for each of the six zones. I suggest you try each of the exercises and choose the one that you feel is most effective. If you have more time you can do more than one Zone Exercise because they don't cause fatigue—they *energize*!
3. Zone Exercises can be done any time. If you feel tired or sluggish, perform a zone exercise and your energy levels will likely increase. Performed

before or after eating, Zone Exercises can improve digestion.

4. Practicing Zone Exercises will help you discover which ones work best for any given feeling, emotion and situation—both current issues or ones that may arise.
5. For anyone trying to cut down on sugar, caffeine or any other addictive substance, you may find Zone Exercises provide energy to compensate for the *fake*, or *empty* energy often provided by addictive substances.
6. Zone Exercises can help you unwind. By performing Zone Exercises, you bring more Chi into your body. If you have a hard time falling asleep or sleeping through the night, practice your Zone Exercises just before going to bed. Chi is intelligent—it knows when to speed up specific cells and body systems and when to slow them down! This is but one of many examples that the infinite intelligence of Mother Nature is at work.

When performing Zone Exercises, always remember that *the faster you move your body, the slower Chi energy moves and the slower you move your body, the faster Chi energy moves*. If you experiment with your Zone Exercises, you will soon experience this interesting phenomenon.

One way to determine how much effort to use with Zone Exercises is to perform them right after you eat. If you are working too hard, your digestion will feel compromised. If you are exercising at the correct level for a Zone Exercise, your digestion will feel improved.

Energy-building Exercises

Become as strong as an oak tree by doing nothing. I know, it sounds crazy. If you're feeling stressed to the point that you have no desire for exercise at all, your level of vitality is likely very low. Famous expert of Tai Chi and Qigong, Master Fong Ha, states in his book, *Yiquan and the Nature of Energy - The fine art of doing nothing and achieving everything* that, "aging can be seen ultimately as a decline in the life force or vitality, with death the end point of this decline, and since disciplines like Yiquan (standing meditation) work directly to cultivate vitality, they might well prove to be among the most valuable resources avail-

able to us as we strive for the longest, most vital lives possible.”³ I want you not only to read the words of the great Master Fong Ha, but also to use his valuable suggestion of cultivating vitality through stillness so that we can move you into other helpful exercises, further turning back the biological clock.

One of the best energizing exercises I learned from Master Fong Ha is the standing meditation, Yiquan. Chinese martial arts masters have developed amazing powers by using standing meditation as their primary form of exercise. Standing meditation is very simple to do and doesn't require equipment. You only need your body and can perform it anywhere.

Standing Meditation

To begin, stand with good posture; your knees unlocked, feet about hip width and parallel to each other, and your spine lengthened to comfortably make yourself as tall as you can. To achieve this position, gently draw your belly button toward your spine, tuck your chin slightly and relax the shoulders and arms, letting the shoulders roll back slightly (not drop forward). When in the correct position to perform your standing meditation your ear, shoulder, hip joint, knee and ankle should all line up when viewed from the side. You should be balanced on your feet. Further, your tongue should rest on the roof of your mouth just behind the front teeth (if you swallow, it will go where it belongs). Keep the tongue relaxed at all times. When in this position, you're prepared to get the most out of doing nothing because this is the best position to allow optimal flow of life force energy, often called Chi or Prana.

Once in the standing meditation position, you may perform the exercise of doing nothing in several ways:

1. Let your arms hang at your side completely relaxed
2. Pretend you are holding a soap bubble (or a Chi bubble) about the size of a basketball right in front of your lower abdomen/pelvis region. You should feel and imagine the Chi bubble being half in and half out of your body.

3. Change the size and location of the Chi bubble, moving it up and down the body to wherever you would like, always remembering to keep half the bubble in your body.

Breathe in through your nose and out through your nose or mouth. Your breathing should be deep, slow, rhythmic and relaxed, never forced. Just be sure that your belly expands as you breathe in, allowing your diaphragm room to drop down and pull air into the bottom of your lungs.

As you are doing nothing, your mind will want to wander. It will try to think about the stressors of your life. Try to be an observer, as though you were watching yourself from a distance. Each time your mind wanders away from this glorious chance to be quiet, to do nothing, take it by the hand and bring it back to that quiet place. Master Ha teaches people to count their breaths if they have a jumpy mind. This will give you something to focus on that is not stressful, and soon enough you will find yourself expanding, getting lighter, having deeper and more relaxed breathing and feeling energized!

If your body gets tired of standing while doing nothing, you can sit and continue the meditation, yet continue to stay aligned as before. When you feel rested, stand up again. Try to work yourself up to 30 minutes a day of doing nothing. An hour a day is even better! Most people find that after doing this exercise for 100 hours (over an extended period of time) there are some pleasurable and very noticeable changes in the body. Some of the changes people experience are:

- Improved sense of awareness
- Improved mental clarity
- Improved energy
- Improved athletic ability
- Disappearance of chronic ailments
- Tighter and more youthful looking skin
- Brighter eyes
- An increased ability to sense other people's feelings and thoughts

Why Do I Shake?

When you do nothing correctly, your body will increase its Chi reserves. Chi is life force energy and that energy contains all the wisdom and knowledge in the Universe. As your body collects Chi, it will find areas where you have blockages to Chi flow and will try to work through the resistance. You'll feel this as shaking in your body. It may be a leg, your lower back, your shoulder or arm, maybe even an internal organ(s). Don't let this scare you; it means your body is healing, getting stronger and more complete so your soul can express itself through a more perfect body. What greater reward could you ever expect from doing nothing?

Walking Meditation

A walking meditation is simply taking time out for yourself, time to get away from people and phones and break free from the stressors of everyday life to listen to your soul. As you walk, time your breathing to your steps. For example, inhale for four steps, hold your breath naturally for one step, and exhale for four steps. Adjust your effort so that you don't have to keep changing your breathing. It is a good idea to simply count your steps, emptying your mind of all things other than the step count and breathing until you've mastered the process and it becomes innate. A walking meditation should be no less than 15 minutes. It is best to walk in nature, where you can

benefit from the natural earth energies, experience a variety of colors and appreciate life forms moving in their natural rhythm.

Slow Walking

Another great exercise I learned from Master Fong Ha, slow walking, is performed with the same consciousness described above for walking meditation, yet the goal is to walk as slowly as possible. As you perform slow walking, the key is to always be moving, but moving very slowly, like a cat sneaking up on a bird, yet staying very relaxed. With slow walking you should stay very much in touch with the now, the moment. The slower you go, the more Chi flow you will create and the better your balance will become. If you are an athletic person and want to take slow walking to another level of challenge, try slow walking across a park or reliable surface with your eyes closed! Slow walking can be very effective when performed for as little as ten minutes at a time.

Sample Zone Exercises

Refer to the following 13 pages for my favorite Zone Exercises. Each of these exercises will help channel energy to a specific zone of your body. Try them all and choose your favorites for your own *Eat, Move and Be Healthy!* program.

Walking is man's best medicine.

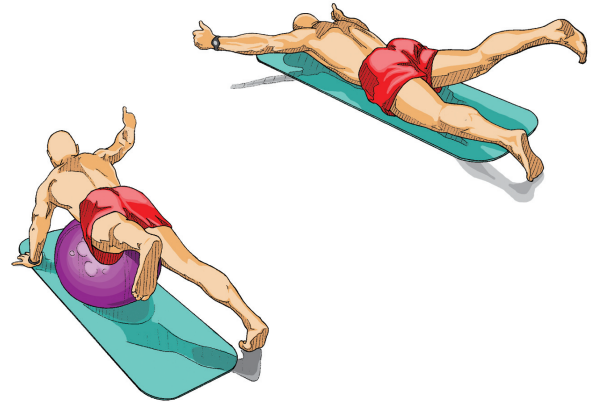
Hippocrates

Zone 1

Superman

- Start face down on the floor, or over a Swiss ball.
- Lift your left arm and right leg so that they are at about the same height.
- Your arm should be at a 45-degree angle from your head with your thumb pointed up.
- Hold this position for as long as you can with good form (up to 10 seconds) and switch sides.

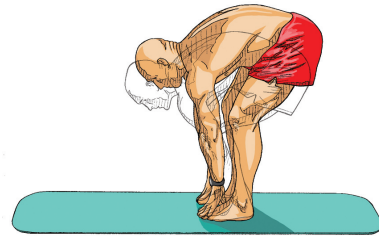
Tempo	10 seconds hold/switch sides
Reps	5 each side



Qigong Toe-touch

- Stand with your feet together.
- Slide your hands down your legs, bending your knees.
- Place your hands directly over your toes, fingers aligned with toes.
- Inhale, raise your hips up and roll slightly back on to your heels until you feel a stretch in your hamstrings.
- Exhale and drop down again, rolling slightly forward toward the balls of your feet. You may slowly move your head and hips in a circle as you perform the exercise.

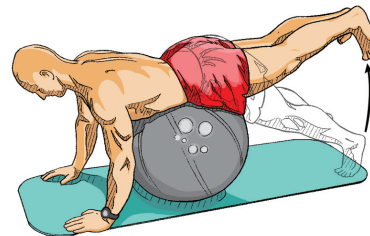
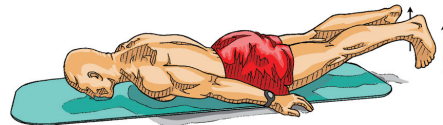
Tempo	natural breathing pace
Reps	10



Leg Raise

- Start face down on the floor or over a Swiss ball.
- Raise your legs up in the air.
- Bring your heels together, with your toes pointed outward.
- Tighten your hamstrings and glutes (butt muscles) and hold with good alignment for 10 seconds.
- Your head should not drop down or raise up.

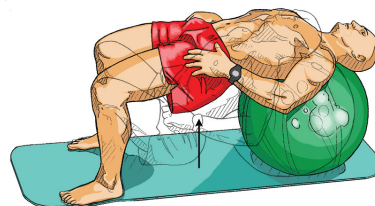
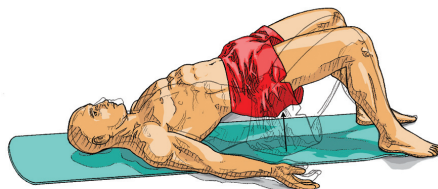
Tempo	10 seconds hold/10 seconds relax
Reps	10



Hip Extension

- Start by sitting on a Swiss ball and roll back so that your upper back, shoulders and head rest on the ball.
- Pick your hips up so that your shoulders, hips and knees are in a straight line. Keep your shins vertical at all times.
- Slowly drop your pelvis straight down, as low as you comfortably can, then lift your hips back up to the ceiling. Keep your head and upper back on the ball.
- You should not roll forward or backwards on the ball as you perform the exercise (it is okay if the ball rolls slightly forward as you drop down, but your knees should not move in front of your feet).

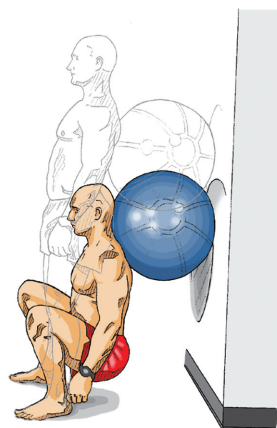
Tempo	10 seconds hold/10 seconds relax
Reps	5 each side



Wall Squat

- Stand with your back against a Swiss ball, supported by a wall.
- Inhale, then squat down as you exhale. Go only as low as you comfortably can.
- Keep your knees aligned with your second toe and do not let them drop in towards each other. You should not feel any discomfort in your knees.
- Stand up again slowly.

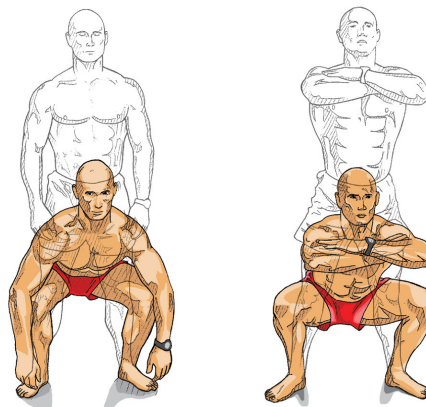
Tempo	slow
Reps	10



Breathing Squats

- Take a comfortable stance, wide enough to squat down between your legs. Place your arms at your sides or up in front of you.
- Inhale, then lower yourself down as you exhale. Go as low as you comfortably can, pause, then inhale as you return to standing.
- Repeat at the pace you naturally breathe. Breathe through your nose. If you need to exhale through your mouth, keep a little tension in your lips.

Tempo	4 seconds down/pause/4 seconds up
Reps	work up to 100

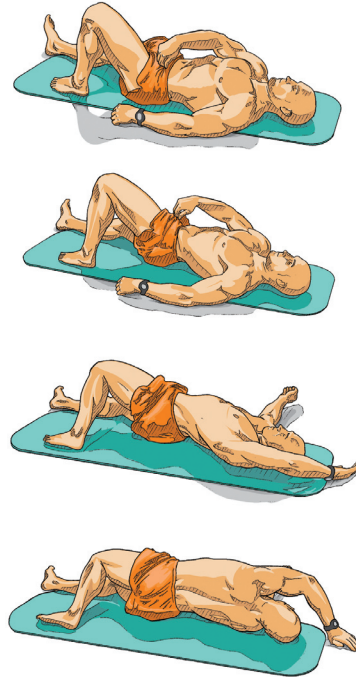


Zone 2

Feldenkrais Hip/Pelvis Integrator

- Lie on your back and bend your left leg, with your left arm at your side.
- Gently push onto your left foot so that you just barely lift your pelvis up.
- You should use as little effort as possible; imagine that you have a puppet string attached to the front of your pelvis, that it is lifting you up.
- Perform 10-20 repetitions, progressively rolling your pelvis over and lifting just one vertebra off the ground with each repetition. Lower the vertebrae one at a time in the opposite order.
- Make sure to relax. With each rep, allow your hips and chest to open up.

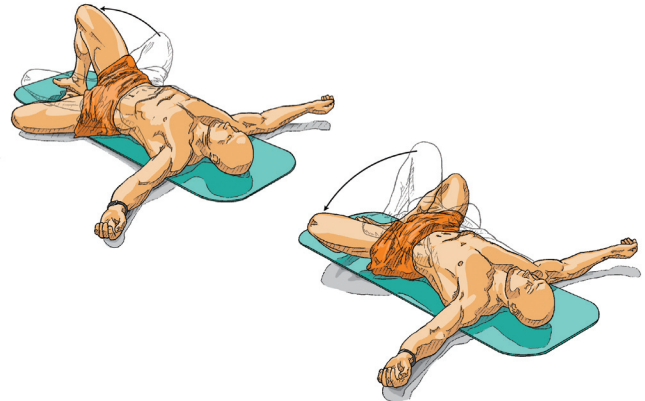
Tempo	slow
Reps	10-20 each side, or until you roll onto your side



Alternating Leg Drop

- Lie on your back.
- Bend your knees, keeping your feet together as you perform the exercise.
- Let your legs gently drop to the side, one at a time. Try to allow the energy of the lowering leg to assist the other leg as it rises.
- Return to the start position one leg at a time.

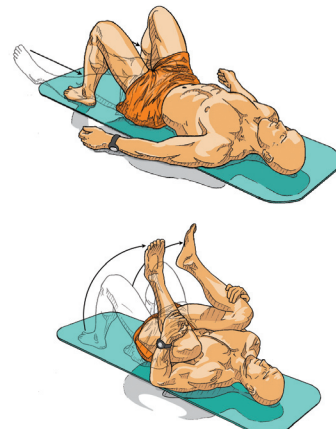
Tempo	slow
Reps	10 each side



Leg Tuck

- Lie on your back with your knees bent.
- Inhale, then draw your legs into your chest as you exhale (you may open the legs to pull them in closer).
- Inhale again as you return your legs to the floor.

Tempo	slow with a natural pause between breaths
Reps	10

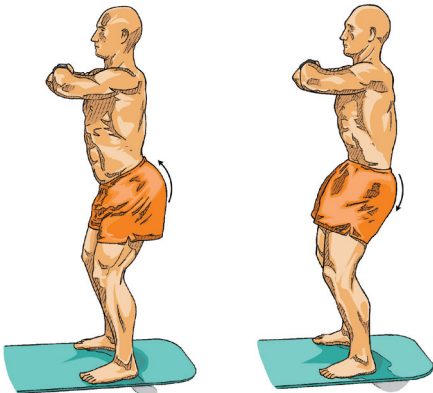


Pelvic Rock Exercises

Front to Back

- Stand with soft knees, or sit upright on a Swiss ball.
- Inhale and rotate your pelvis forward (imagine that you have headlights on your butt and shine them up).
- Keep your trunk still as you move your pelvis.
- Exhale and rotate your pelvis back (shine the headlights down).

Tempo	breathing pace
Reps	10 each side



Side to Side

- Inhale and lift one hip up as you exhale, then return to the start position.
- Inhale and lift the other hip up as you exhale.
- Repeat going side-to-side.

Tempo	breathing pace
Reps	10 each side

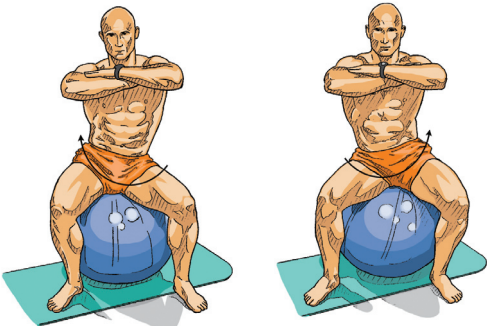
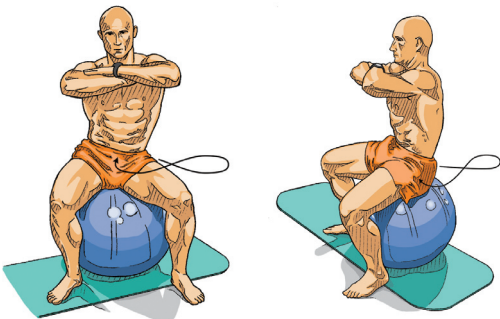


Figure Eight

- Complete a figure eight, moving front-to-back and then side-to-side.
- Breathe as you did for the other pelvic rock exercises.

Tempo	breathing pace
Reps	10 each side

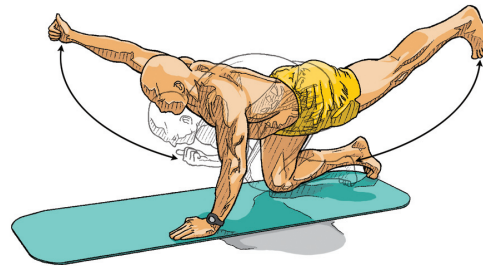
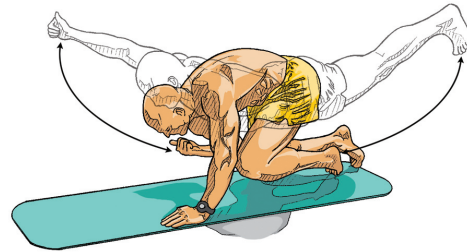


Zone 3

Horse Stance Dynamic

- On your hands and knees, place your wrists directly below the shoulders and your knees directly below the hips.
 - Your legs should be parallel and elbows should remain turned back toward your thighs with your fingers directed forward.
 - Inhale and raise your right arm up and out to a 45-degree angle and lift your left leg as high as you can without your pelvis swaying to the side.
 - Exhale and tuck your elbow and knee in under your torso so that the elbow goes past the knee. Use your abdominals to pull you to the end of the movement.
- 6 • Repeat set on one side, rest and repeat on other side.

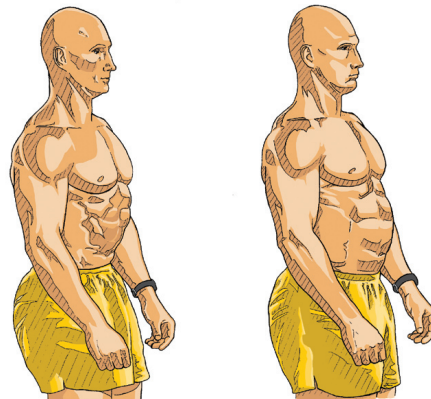
Tempo	breathing pace
Reps	10 each side



Piston Breathing

- Stand in a relaxed posture.
- Take a deep breath in, allowing your belly to expand.
- Exhale forcefully through your nose. (If you cannot breathe through your nose, exhale through your mouth while pursing your lips like a trumpet player).

Tempo	slow inhalation, pulsing exhalation
Reps	up to 100 pulses



Swiss Ball Crunch

Caution: If you get dizzy when looking up at the sky or reaching into cupboards overhead, you may move a little more forward on the ball to perform this exercise. Stop this exercise immediately if you feel dizzy. This indicates a decrease in the blood supply to the brain and may be a symptom of vertebral artery occlusion. Consult your medical professional or C.H.E.K Practitioner.

- Lie over a Swiss ball so that your back is comfortably on the ball. Your head should be extended back and touching the ball.
- Your tongue should be on the roof of your mouth.
- As you slowly crunch up, imagine rolling your spine from head to pelvis.
- On the way back, unwind from the low back to your head, one vertebra at a time.
- Exhale on the way up and inhale on the way back.

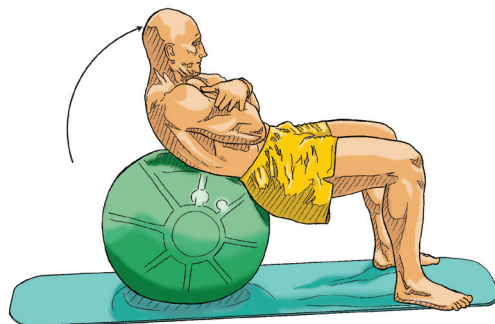
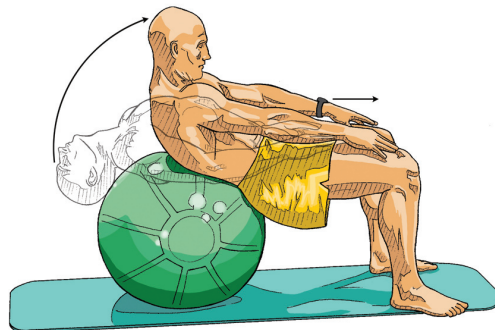
Arm positioning:

Beginner – arms reaching forward

Intermediate – arms across chest

Advanced – finger tips behind ears (do not support your head and neck with your hands)

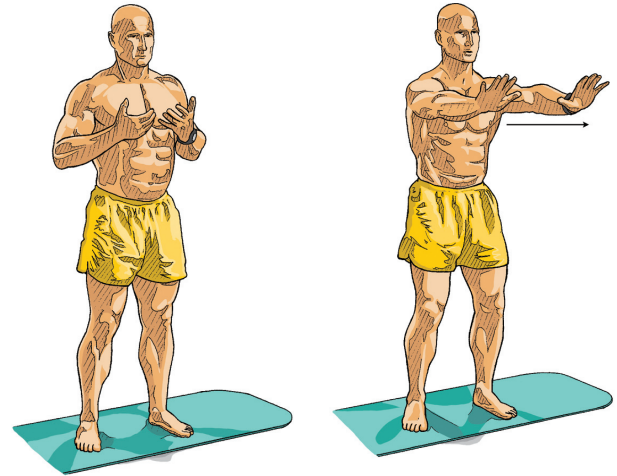
Tempo	slow, breathing pace
Reps	up to 20



Energy Push

- Stand with your arms raised straight out in front of you.
- Inhale and bring your hands back in towards your body.
- Exhale and push your arms straight out with the intent of projecting energy from your core out of your arms and hands.
- Repeat, pushing to the center, front left, front right and back left and back right.
- As you push to the sides and back, keep your feet planted and turn your body towards the direction you are pushing.
- For the back position, only go as far as you comfortably can. Do not over-rotate your spine.
- The motion through the rib cage massages the organs of digestion.

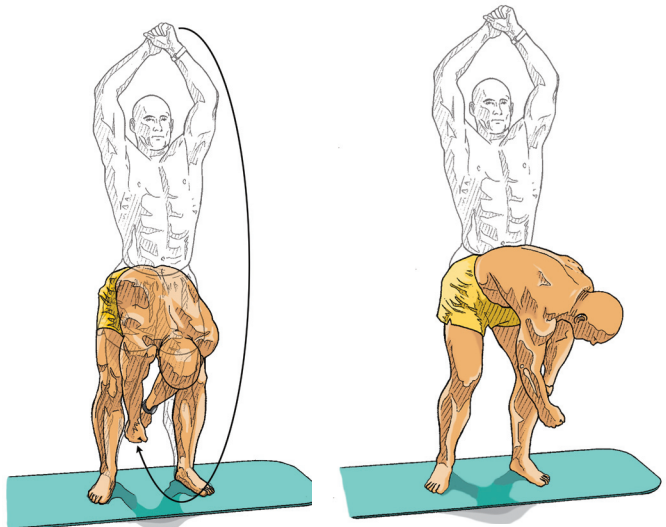
Tempo	slow, breathing pace
Reps	20 total



Wood Chop

- Stand upright and bring your arms over your head as you inhale.
- Exhale as you come down, bending at the waist, as if you were chopping wood.
- There should be a natural pause at the end of the movement.
- Alternate your chopping; left, right and center.

Tempo	slow, breathing pace
Reps	21 total

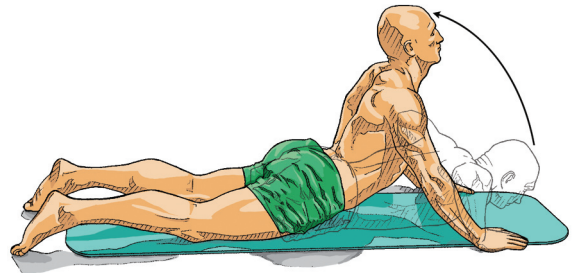


Zone 4

McKenzie Press-up

- Lie face down with your hands just outside the top of your shoulders.
- As you exhale, push yourself up, keeping your pelvis on the floor.
- Relax your back and butt.
- Inhale on the return.

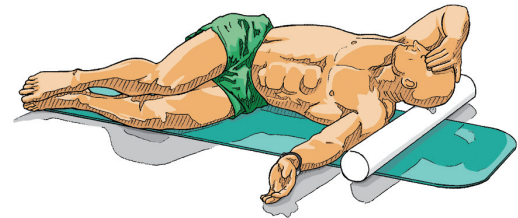
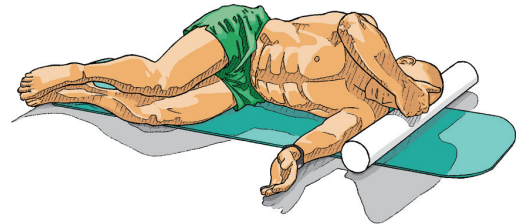
Tempo	slow, breathing pace
Reps	10



Feldenkrais Shoulder/Spine Integrator

Phase I

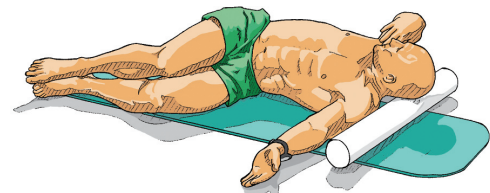
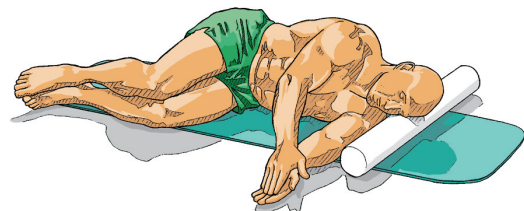
- Lie on your side with a foam roller, or towel just big enough to maintain good neck alignment, placed under your head. Your neck should be parallel with the floor.
- Your hips and knees should be at 90-degree angles, with your feet on top of each other.
- Place your top hand on your forehead and gently rotate your neck backwards as you inhale.
- Exhale as you return to the start position.
- Perform 10-20 reps, allowing your neck to rotate a little further and your arm drop a little closer to the floor each time.



Phase II

- Assume the same starting position as Phase I, but place your arms out in front and on top of each other.
- Inhale as you slide the top hand across the bottom arm and your body.
- Exhale as you return, sliding as far forward as you comfortably can, allowing your top hand and wrist to glide over your bottom hand.

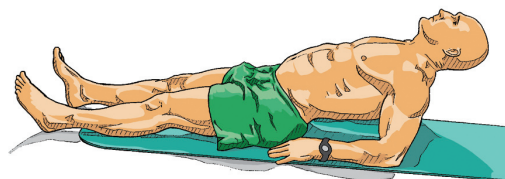
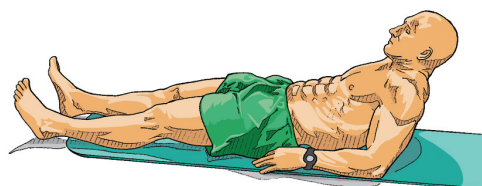
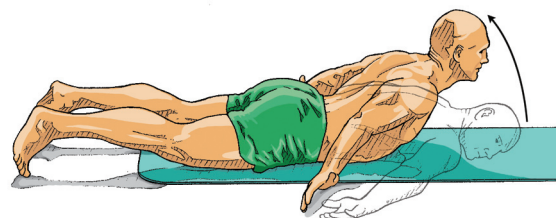
Tempo	slow
Reps	10-20 each side



Prone Cobra

- Lie face down with your arms at your sides.
- As you inhale, pick your chest off the floor while simultaneously squeezing your shoulder blades together and rotating your arms out so that your palms face away from your body with your thumbs pointing up to the ceiling.
- Keep your head and neck in neutral alignment, with your toes on the floor.
- You should feel the muscles between your shoulder blades doing the work. If you feel stress in your low back, squeeze your butt cheeks together prior to lifting your torso.
- Hold until you need to breathe out, and exhale as you lower your torso to the floor.

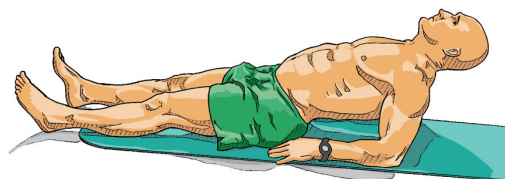
Tempo	slow, breathing pace
Reps	10-20



The Fish

- Lie back, resting on your arms.
- Inhale, pick your chest up as high as you can.

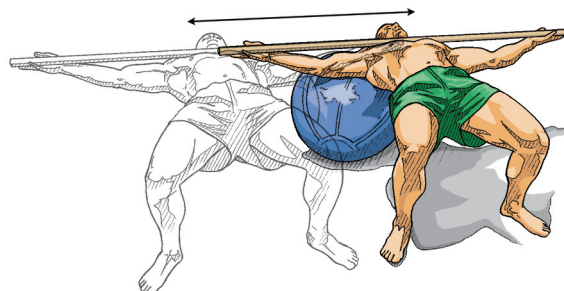
Tempo	10 seconds and relax
Reps	10



Lateral Ball Roll

- From a sitting position on a Swiss ball, roll back so that your head, shoulders and upper back are supported by the ball.
- Lift your hips up so that they are in line with your knees and shoulders.
- Place your tongue on the roof of your mouth.
- Hold your body in perfect alignment (hips and arms should stay parallel to the floor) and shuffle your feet as you roll across the ball to one side.
- Pause, then return back to the center.
- Move only as far to the side as you comfortably can, while holding perfect alignment. If you can only move an inch or two, that is fine.

Tempo	hold end position for 3 seconds
Reps	5 each side



Zone 5

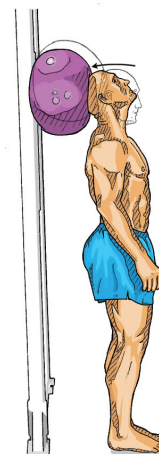
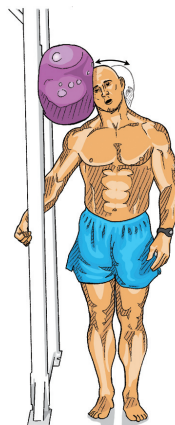
Neck Ball Exercises

- Stand next to a wall or post.
- Use 50% effort for the following exercises.

Tempo	breathing pace
Reps	10 each side

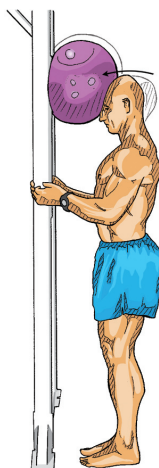
Neck side bend

- Place the side of your face slightly under the ball.
- Bend your head into the ball as you exhale.



Neck extension

- Place the back of your head against the ball.
- You may hold onto the doorway for support.
- Press your head into the ball as you exhale.



Neck flexion

- Face ball.
- Place your tongue on the roof of your mouth.
- Push your head into the ball as you exhale.

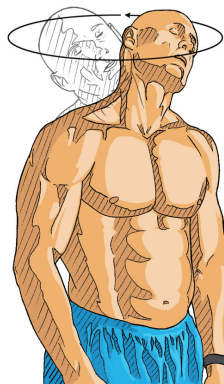
Neck rotation

- Place the side of your head behind the apex of the ball.
- Turn your head into the ball as you inhale and back out as you exhale.

Neck Rotations

- Let your head drop down naturally as you exhale.
- Rotate it around slowly, letting it follow your natural range of motion barrier, inhale as you begin moving to the side and back.
- Spend extra time in tight zones; imagine that you are breathing through the tight muscles.

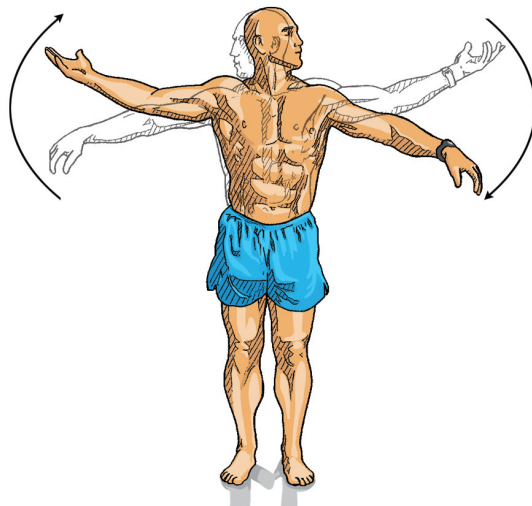
Tempo	slow, breathing pace
Reps	up to 20 each direction



Thoracic Mobilization

- Hold arms straight out to the side, stay relaxed.
- Turn your right arm up and left arm down.
- As you look down the left arm, slightly contract the right arm as you turn the palm up and inhale at the same time.
- When you naturally want to exhale, turn your head to the other side and reverse arm positions, repeating to the opposite side.

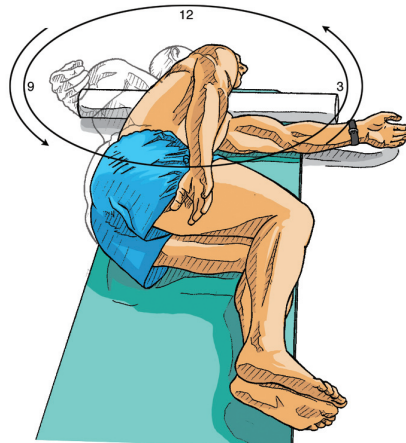
Tempo	breathing pace
Reps	10 each side



Shoulder Clocks

- Stand or lie down on your side with your knees bent.
- Visualize that your shoulder is in the middle of a clock.
- Elevate your shoulder toward your ear (12 o'clock), then roll your shoulder either forward (1, 2, 3 o'clock) or backward (11, 10, 9 o'clock) around the clock. Inhale as you move through the back half of the clock (7 - 12 o'clock) and exhale as you move through the front half of the clock (1 through 6 o'clock).
- Keep your head looking forward and hand relaxed.

Tempo	breathing pace
Reps	10 circles each direction



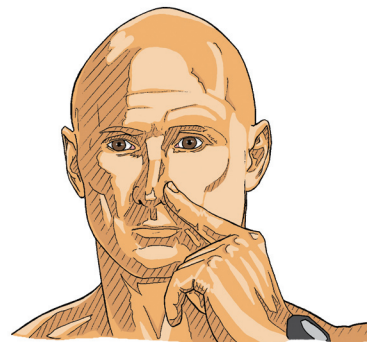
Zone 6

Alternate Nostril Breathing

- Plug one nostril with a finger or your thumb.
- Breathe in—your chest should rise in the last third of your breath only.
- Breathe out through your nostril, keeping the other one plugged.
- Try to breathe in and out for the same amount of time; i.e. five seconds in and five seconds out.
- Alternate nostrils with each complete breath or with each inhalation.

Tempo	slow
Reps	10 times each side

This exercise balances the left and right sides of your brain and the autonomic nervous system.



Eye Rolling

- Look to the left and inhale as you roll your eyes around in a circle.
- Start breathing out as your eyes look downward and inhale as they move upward.
- You may find one direction is harder or that your head wants to move in one direction; work in that direction more.

Tempo	breathing pace
Reps	5-10 each direction

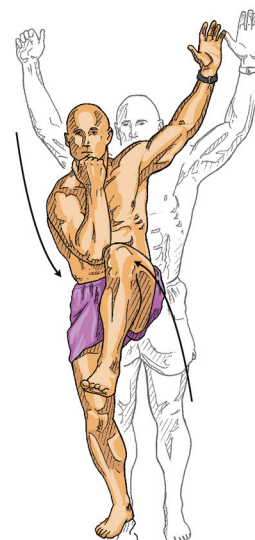
Precaution: If you get a headache from this exercise, consult an optometrist.



Cross Crawl

- Raise your arms up.
- Pick up your left leg and bring your right elbow to the left knee as you exhale.
- Alternate sides.

Tempo	breathing pace
Reps	10-20 each side

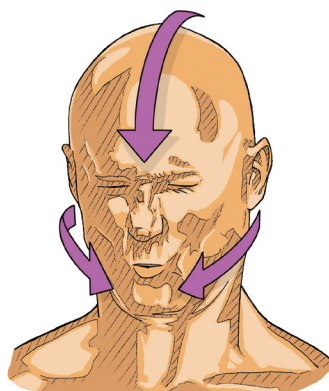
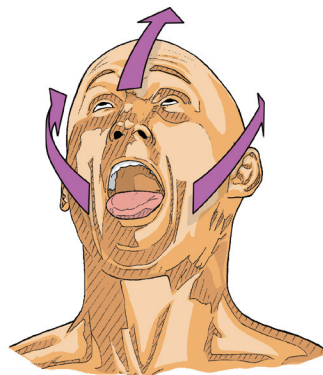


Face Energizer

- Breathe in and look up toward the ceiling.
- Open your mouth and eyes wide and stick your tongue out.
- Exhale and look down, contracting your face muscles as you sigh a big sigh of relief.

Tempo	slow
Reps	10

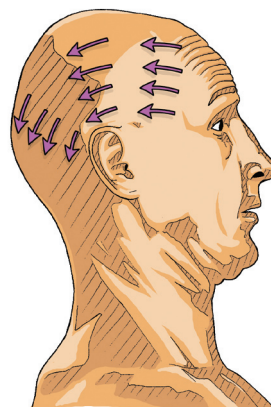
This exercise helps improve your energy if you feel tired.



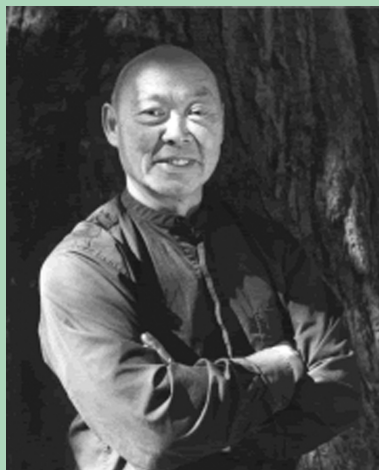
Scalp Shifting

- Contract your scalp muscles as you inhale and relax your scalp as you exhale.
- Looking up with your eyes as you contract your scalp muscles improves the energy flow.

Tempo	2 seconds up and back, 2 seconds down and in
Reps	10



Sifu Fong Ha



Sifu Fong Ha has been practicing Chinese internal arts since his childhood and has studied with many renowned teachers. He began his studies of Yang-style Taijiquan in 1953 with Tung Ying-chieh, and

continued with Yang Sau-chung, the eldest son of Yang Cheng-fu. His training in the Internal System of Martial Arts, Yiquan, was with Master Han Sing-Yuan, a disciple of Master Wang Hsin-Chai, the founder of the Yiquan, also known as Dachenquan.

One of the few I Ch'uan teachers in the West, Fong Ha is well known for his power, graciousness and cosmopolitan charm. With humor and insight, he encourages students to be true to themselves, to recognize their inner strengths, develop at their own pace and actualize their potentials. He directs the Integral Chuan Institute in Berkeley, California and teaches nationally and internationally. He is the author of *Yiquan and the Nature of Energy: The fine art of doing nothing and achieving everything*.

Sifu Fong Ha has been teaching Tai Chi Ch'uan and Qigong in the Bay Area since 1968 while serving as a Public School teacher with San Francisco Unified School District. After his retirement from the School System, he now devotes his time in teaching and sharing his arts for cultivating vital energy and maintaining good health. You can reach him via his website: www.fongha.com.

Approach

Just as the bud of a flower contains within it the innate form of the perfect flower, so do we all contain within ourselves the innate form of our own perfection. Under the proper conditions of

sun, water and nutrients, the bud unfolds to reveal the flower. Likewise under the proper conditions of our practice, that which is perfect within us—physically, mentally and spiritually—begins to unfold.

Essence

Chi Kung (Qigong) practice is expressed in four fundamental disciplines:

- Sitting meditation
- Standing meditation (Wu Chi Chi Kung or Wuji Qigong)
- Intention practice (I Ch'uan or yiquan)
- Tai Chi Ch'uan

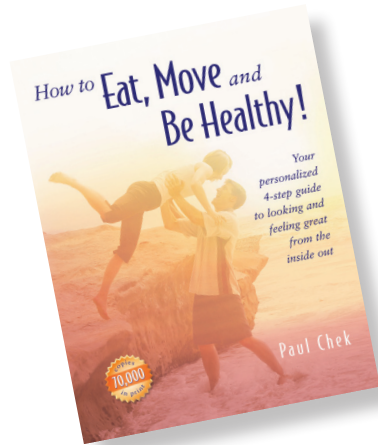
We begin with sitting and standing meditation. Qigong, literally “practice of vital energy,” helps us break through a lifetime of old habits and programmed patterns of behavior and movement, allowing what is essential in us to come forth. This practice cultivates Chi, breaks down blocks to the free flow of Chi throughout the body and integrates the upper and lower body.

I Ch'uan (or “intention practice”) develops our ability to direct chi through focusing the intention. In the broader sense, this practice develops our ability to focus the mind for improved concentration, creativity and productivity.

From stillness, we begin to move. Practice of the 108 moves of the Tai Chi Ch'uan long form further develops Chi, builds strength in movement, stamina and the ability to relax in strength. At the highest level of practice, the movements of the form become informed or filled by Chi.

To Your Health

It's difficult to be healthy in an unhealthy environment, and unfortunately we live in an unhealthy environment. Through the diligent practice of Qigong, we cultivate our Chi, which then begins to flow freely throughout the body, strengthening the weak points and reinforcing the strong points, and providing a defense against the insults of air pollution, toxins in our foods and water and the stresses of our fast-paced lives.



How to **Eat, Move *and*** **Be Healthy!**

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